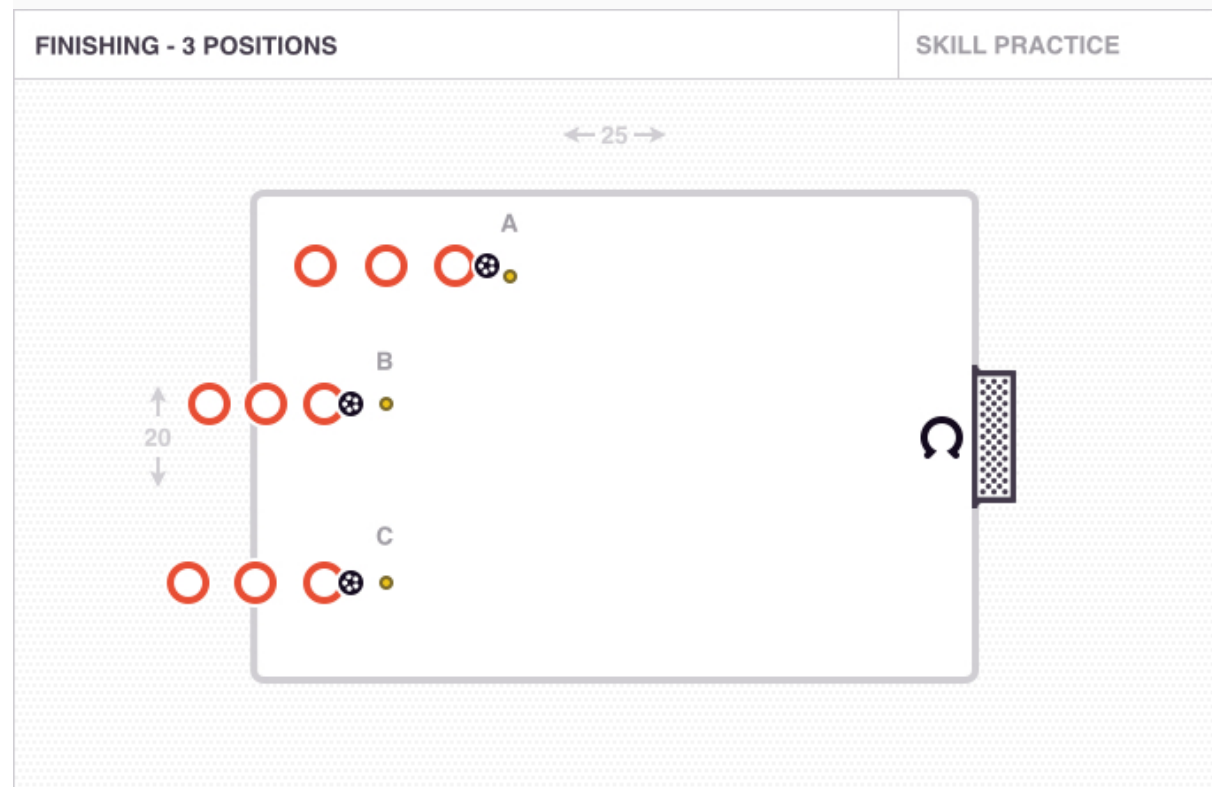


Finishing: Finishing 3-positions Skill Practice (5-8)

This skill practice will help your players learn how to create opportunities to finish.

Set Up

- 25 mins
- 10 players
- 10 balls
- 10 bibs
- 10 cones
- 25x20 area



Key Coaching Points

- Power or placement –

Different types of finishes, if the player is far out then encourage the shots to be powerful. If the attacker goes past the defender and is 1v1 with the goalkeeper encourage the attacker to place the ball into the goal.

- Body shape to receive & finish -

Challenge the players to receive on the half turn when receiving the ball and try to face the defender.

- Creating shooting opportunities

Players do not always have to go past the defender. Encourage players to create half a yard and get their shot away. Encourage players to shoot with both feet.

Setup

1 goal GK at one end 3 cones for starting positions at opposite end. Players stand at either cone A, B or C to begin.

Player A has one touch out of feet then strikes early. Player A then becomes defender Player B dribbles the ball to beat the defender finish in 1v1. Player B then becomes the defender Player C enters with ball to create a 2v1 with Player A as team mate. Players then rotate starting positions

Make it easier:

1. Take away the defender and focus on finishing techniques

Make it more challenging:

1. Player C must go past yellow cone to cross for Player A to finish
2. Have 2 defenders waiting and create a 2v2 situation.